

# Munciana Musings



**JVA ROCK & RUMBLE  
13 OPEN CHAMPIONS  
MUNCIANA STINGRAYS**

Believe it or not, we are already one month into our season and our teams are showing tremendous growth in and out of the gym. Athletes are taking great pride in their efforts to be the best version of themselves! We continue to challenge ourselves to be better than we were the day before.



**2024 MLK  
14 Open Champions  
Munciana Chipmunks**





**JVA ROCK & RUMBLE  
12 OPEN CHAMPIONS  
MUNCIANA PEPPERS**



**JVA ROCK & RUMBLE  
2ND PLACE CLUB FINISH  
MUNCIANA 16 TIGERS**

**JVA ROCK & RUMBLE  
2ND PLACE PREMIER FINISH  
MUNCIANA 14 BANANA SLUGS**

**JVA ROCK & RUMBLE  
3RD PLACE CLUB FINISH  
MUNCIANA 18 AZTECS**



**JVA ROCK & RUMBLE  
3RD PLACE CLASSIC FINISH  
MUNCIANA 16 COBRAS**





# HOLIDAY SERVE-A-THON

## TOP 3 TEAMS

(BY AVERAGE SERVE)



1ST PLACE | STINGRAYS

2ND PLACE | GIRAFFES

3RD PLACE | GATORS



## SAVE THE DATE

Charity Golf Scramble



MAY 11, 2024



# RECRUITING CORNER



## COLLEGE SHOWCASES DO I STAY OR DO I GO?



## TOURNAMENT ETIQUETTE



## RECRUITING WORKSHOPS

Munciana's recruiting program holds a series of workshops and college prep program's for 15u-18u recruitable athletes. These programs are intended to aide each athlete who attends them in their recruiting process as well as prepare them for life as an athlete in college.

### YOU'VE GOT EMAIL SENDING EMAILS

February 1st

### HIGHLIGHT TIME VIDEO HIGHLIGHT CREATION

February 1st

### METRIC TESTING

February 6th  
February 13th

### WRITTEN COMMUNICATIONS DRAFTING EMAILS

February 8th

### VERBAL COMMUNICATIONS CONVERSATION WITH COACHES

February 29th

## Upcoming Events

### Central Zone

February 3rd & 4th

### Scrimmage Series #2

February 10th

### Scrimmage Series #3

February 11th

### President's Day

### Challenge

February 17th & 18th

### NIT Triple Crown

February 17th-19th

### MEPL

February 24th & 25th



## TOP 8 REASONS WHY FAILURE IS A STEPPING STONE TO SUCCESS FOR YOUNG ATHLETES

"In youth sports, the concept of failure often carries a negative connotation. As a coach deeply invested in the holistic development of young athletes, I've come to recognize failure's invaluable role in shaping resilient, confident, and skilled individuals. Here's why embracing failure is beneficial and essential for young athletes."

-Coach Lisle

## READ MORE!

